



	S	L	E	E	P
<b>START</b> 	I make sleep a priority by choosing it over work, social events, or watching 'just one more' TV show when appropriate	I know how much sleep I personally need to optimize my health and performance	I have a consistent wake-up time for most days of the week	I get early morning and regular exposure to sunlight that helps me set my body clock and be ready for sleep at night	I have a regular exercise routine that helps me be physically tired at the end of the day
<b>STOP</b> 	I avoid naps close to bedtime	I avoid stimulating or energizing physical or mental activities at least one hour before bedtime	I turn off devices at least one hour before bedtime and dim the lights	I stop consuming caffeine at least 6 hours before I go to bed	I avoid drinking alcohol before bed because it disrupts the quality of my sleep
<b>CONTINUE</b> 	I don't go to bed hungry. I avoid large meals close to bed. I clear my bladder and avoid drinking lots of liquid before bedtime	I keep my bedroom quiet, dark, comfortable and cool (18 degrees is optimal for some)	I only use the bed for sleep, sex and sickness. I don't watch TV, go on the computer or do work in my bedroom	I put the bedroom clock where I can't see it to avoid checking it throughout the night	I have a 'going to bed' ritual and consistent bedtime to signal to my body that it's time to get ready for sleep
<b>Guided Practice</b> 	I have a regular gratitude practice that can boost my length and quality of sleep	I have a relaxation response activity that I practice regularly	Before bed, I try to clear my mind of worry by distracting myself with calming mental games that consume my attention.	When I can't sleep (or fall back to sleep) after 20-30 minutes, I get out of bed and do something relaxing under low light until I feel drowsy	I talked with my doctor or a sleep specialist to explore CBT for insomnia and other strategies to help me get better sleep

### My Action Plan



Start: \_\_\_\_\_



Stop: \_\_\_\_\_



Continue: \_\_\_\_\_